



Whitehall Infant School curriculum for **Physical Education**

Early Years Foundation Stage

Early Learning Goal

Being imaginative: Children represent their own ideas, thoughts and feelings through music, dance, role play and stories.

Moving and handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.

Prior Learning

Children:

- Engage in a range of physical activities to promote development of gross and fine motor skills.
- Respond to music through dances
- Learn simple, repetitive dance movements, following instructions
- Explore different apparatus through taught lessons and free play activities

Experiences and Enrichment Activities

1. Superstars sports day
2. Healthy living week

Attainment Targets for Key Stage One

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Year One Overview for Physical Education

Theme 1: Gymnastics

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Theme 2: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Theme 3: Dance

Objectives covered

□ perform dances using simple movement patterns.

Context

Theme 4: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

□ participate in team games, developing simple tactics for attacking and defending

Theme 5: Gymnastics

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Theme 6: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

□ participate in team games, developing simple tactics for attacking and defending

Context

Theme 7: Dance

Objectives covered

□ perform dances using simple movement patterns.

Theme 8: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Theme 9: Gymnastics

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Context

Theme 10: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

□ participate in team games, developing simple tactics for attacking and defending

Theme 11: Dance

Objectives covered

□ perform dances using simple movement patterns.

Theme 12: Games

Objectives covered

□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

□ participate in team games, developing simple tactics for attacking and defending

Context

Year Two Overview for Physical Education

Theme 1: Gymnastics	Theme 2: Games	Theme 3: Dance
<p><u>Objectives covered</u></p> <p>□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Objectives covered</u></p> <p>□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Objectives covered</u></p> <p>□ perform dances using simple movement patterns.</p>
<p><i>Context</i> Basic floorwork and use of low-level apparatus</p>	<p><i>Context</i> Development of ball skills including throwing and catching, partner and team work.</p>	<p><i>Context</i> Develop simple sequences. Learn and perform a salsa dance.</p>
Theme 4: Games	Theme 5: Gymnastics	Theme 6: Games
<p><u>Objectives covered</u></p> <p>□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>□ participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Objectives covered</u></p> <p>□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Objectives covered</u></p> <p>□ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>□ participate in team games, developing simple tactics for attacking and defending</p>
<p><i>Context</i> Football skills and playing a team game.</p>	<p><i>Context</i> Travelling in different ways (SALAD – speed, level, direction).</p>	<p><i>Context</i> Hockey skills and playing a team game.</p>

Theme 7: Dance

Objectives covered

- perform dances using simple movement patterns.

Context

Learn and perform a line dance

Theme 8: Games

Objectives covered

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Context

Skipping, including skipping with a partner.

Theme 9: Gymnastics

Objectives covered

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Context

Linking movements to create a gymnastic sequence.

Theme 10: Games

Objectives covered

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

Context

Bat and ball skills

Theme 11: Dance

Objectives covered

- perform dances using simple movement patterns.

Context

Learn and perform American dancing (Grease)

Theme 12: Games

Objectives covered

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

Context

Races, including relays, spring, sack race etc...